



THE LEADER

Vol. 38, No. 41

Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

Oct. 17, 2003

Serving on foreign soil

Scores of Warriors continue to serve the
Air Force at locations all around the globe

— See Pages 16-17

319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

Inside: Deployed duty

Weekend weather

Today	58/42	Partly Cloudy
Saturday	68/45	Partly Cloudy
Sunday	68/45	Partly Cloudy
Monday	52/38	Mostly Cloudy



Weather information courtesy
319th Operations Support Squadron weather flight

Pages 3-4



Welcoming our newest comers

Pages 13-14



The Leader Game of the Week

Page 21



People, communication are priority number one

By Col. Mark Ramsay
319th Air Refueling Wing commander

As I approach the six-week point as your wing commander, I'm extremely impressed by the Warriors of the North and your accomplishments in the Global War on Terrorism.

Since early September, I've completed immersion tours in all four groups and wing staff, and reviewed the 2003 inspection results and vast array of GWOT mission achievements, and am very proud to serve with such a superb group of military professionals!

Let me take this opportunity to reaffirm that my number one priority is to take care of our hard-working people and military families. To gain a stronger sense of what's going on in your minds, I recently hosted two commander's calls and two Town Hall meetings. At both forums, I addressed questions called into my Action Line and answered questions from the audience. Many questions and areas of discussion centered around base housing, child care, safety and the proposed Airmens' Center.

In the coming weeks, we will publish your questions and answers in *The Leader*, but I want to provide a brief discussion on these areas from my perspective.

First, the Air Force recently approved our new base-housing plan that is scheduled to be completely funded through 2008. Over the next six years, we will demolish 1,319 base houses, including the entire Sunflake housing

area, and build 935 new units to go along with the 171 current units that will remain.

In the end, we will have 1,106 modern family housing units on base. All 935 new units, 50 of which are under construction on Beech Court, will be built from the ground up to new Department of Defense standards.

All new homes will either be single family or duplexes and all will have a two-car attached garage.

By this time next year, we will have 318 new homes either completed or under construction!

Your Housing Office has artist's drawings available for viewing.

Child care programs were also a discussion topic at our Town Hall meetings. Your Services Squadron manages all our varied child care programs, and I'm convinced they have a program to handle almost any conceivable need.

The Child Development Center, Family Child Care and Youth Center Before/After Care programs offer a wide range of child care options aimed at improving both parent and child quality of life, and child development.

The best way to take care of our people is to constantly manage personal risk and monitor base safety. To this end, I am an admitted safety zealot!

— See **COMMANDER**, Page 3

Action Line 747-4522

The Action Line is your avenue for information about events and activities on and around the base.

For questions about current events or rumors, please leave a message. Questions will be answered in the order they are received.



Col. Mark Ramsay
319th Air Refueling Wing commander

Town Hall meeting answer

Q: *Why isn't handicapped parking at the Base Exchange and Shoppette more accessible, with parking places closer to the buildings, where there are reserved spaces on base that are closer than handicapped spaces?*

A: The 319th Security Forces Squadron has recently completed a review of the Reserved Parking Plan on base and is currently working close-

ly with the 319th Civil Engineer Squadron to adjust the reserve parking to meet customer needs and force protection issues.

The Base Exchange specifically will have only one colonel and one chief spot reserved, and the handicapped parking will be moved closer to the doors and widened to accommodate vans. These changes should happen soon. Reserved handicap parking at the Shoppette is already next to the entrance.

5

DWI-free days

100%

Mission effectiveness rating for the week of Sept. 29 through Oct. 5.



Photo by Staff Sgt. Scott Sturkol

Cover photo

The sun sets over a deployed location in Southwest Asia. Hundreds of base airmen are still deployed to various locations around the globe.

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2nd Lt. Ashley Gee	Chief, internal information
Tech. Sgt. Scott Davis	NCOIC, public affairs
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Commentary

– COMMANDER, from Page 2

I want to thank our community for broaching safety concerns including speeders in our housing areas, delaminated fiberglass fire hydrant snow marking poles, and the use of motorized scooters by our youth.

We have increased our security force patrols in base housing and will soon replace delaminated hydrant marking poles. We will also soon publish new safety rules regarding use of any motorized two-wheeled device.

Our new safety instruction will parallel the rules established by the City of Grand Forks.

Finally, I'm proud to announce that the proposed Airmens' Center is now beyond the initial planning phase. We have identified building 320, across the street from our dormitory area, as the new entertainment center for our airmen!

This nearly 7,000 square-foot facility will be renovated to add XBoxes, Sony PlayStations, computer gaming terminals, TVs, a dance and reading area, and a food service area that will serve pizza and other hot food items, along with beer and soft drinks.

I need dormitory airmen to get involved through

our new Airmens' Council to help bring this vision into reality through more creative ideas and some sweat equity!

As we print past questions and answers in *The Leader*, I encourage you to submit new questions and concerns to my Action Line at 747-4522.

We will respond directly to you and publish the answer in *The Leader* if it applies to others in our community.

I also encourage you to participate in our Chief of Staff's 2003 Climate Survey via the internet at www.afclimatesurvey.af.mil to provide feedback to our senior Air Force leadership as well.

By communicating using these forums, I'm convinced we can improve upon our great Air Force and take even better care of our people!

Warriors of the North, you are doing an absolutely magnificent job of leading the charge in the GWOT. As we move forward, my goal for our wing is simple: to be the best at everything we are tasked to do.

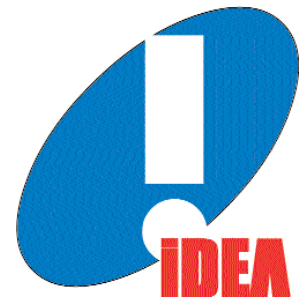
I have no doubt that by taking care of you and your families, you in turn will continue to far exceed this goal and improve upon our already high state of readiness. I'm proud to serve with each and every one of you!

It's **YOUR**
Air Force
With your **IDEAS**,
we do things...

♦ **FASTER**

♦ **BETTER**

♦ **CHEAPER**



Deployed duty – A collage of amazing things

By Staff Sgt. Scott T. Sturkol
CENTAF-Forward Public Affairs

SOUTHWEST ASIA – You know you’re deployed to this region the second you step off the plane when the sun and the heat hit you like a space heater on high in your face.

Sure you can anticipate it, but there really isn’t a whole lot to prepare you for it unless you have a fascination with space heaters.

Then you have all the fun stuff that comes with first arriving in theater – such as inprocessing, inprocessing, and more inprocessing. But that’s only the first week or so and then it’s on to learning your deployed job, which could take as long as your inprocessing. But who’s complaining – that’s part of deployed life.

Truthfully though, you feel like you are in another world in a very short time of getting here, and that’s all before you even get to your tent for the first time. Then you have the whole Tent City life to experience; finding a bunk, getting linens, buying that flashlight you forgot to bring, and seeing some of the most interesting combinations of clothing assembled on a person imaginable – and I’m not referring to coalition uniforms.

Sure it’s like camping, but it’s only in a place like this where some folks make the brown T-shirt, blue jogging shorts and flip-flop shower shoes fashion statement. I’d understand if they were coming from the shower, but that’s an all-day ensemble for some people.

Over the course of time, though, the “honeymoon” phase of being deployed wears off and reality kicks in. That’s usually about the third week. Then you look

forward to such things as karaoke night at the Wagon Wheel because of its pure entertainment value. By this time, you have also gotten used to the familiar sounds and lights in your tent, and when that jet takes off and makes your tent rumble at 4 a.m. you just snooze right through it.

One of the most amazing things you see on a deployment is the camaraderie of everyone wanting to pitch in and get whichever job done. If a tent needs to be put up, 10 extra people show up to help.

You can make fun of just about anything a deployed “camp” may present, but the seriousness is always just around the corner. Take my base here for instance. We’re in a unique environment that supports three major operations – Operation Iraqi Freedom, Operation Enduring Freedom and Combined Joint Task Force-Horn of Africa.

Every day you can see planes – from the C-130 Hercules to the KC-135R Stratotanker – taking off for day or night missions supporting those operations. When you hear engines crank up for take-off, it’s just like hearing the sound of freedom.



Photo by Staff Sgt. Scott Sturkol

Tents like this one become home for airmen in deployed locations.

And there are some of us who have seen other forward deployed camps where people have it much tougher than us, such as in Iraq and Afghanistan. Yet, even in those places, the troops make the best of it.

All the partners in the coalition know they are helping bring more and more freedoms to the people of Iraq and Afghanistan, either directly or indirectly, each day. They know they are doing their part in the greater Global War on Terrorism and know it takes this sacrifice of being deployed away from their loved ones to make it happen. That’s tough on all of us, and don’t let anyone tell you different.

You all hear about heroes. We have them here and at home. Everyone is affected by the “deployed” title and the deployed life. But it is as a team in both arenas that this collage of amazing things gets done.

Phone card march reaches goal

By Tech. Sgt. Scott Davis
Public affairs

Nearly \$10,000 in phone cards were delivered to the Family Support Center Oct. 9 pushing the Million Minute March past its goal.

Mr. John Reitmeier, a local radio personality, founded the Million Minute March in early spring this year.

The goal was to raise enough money to purchase 10,000 long distance calling cards with 100 minutes each.

The cards would be distributed to military members who have families in North Dakota and Minnesota.

"This was an awesome gesture by the community," said Tech. Sgt. Michael Johnson, Family Support Center. "This program helped our deployed families when they needed it most."

The Family Support Center initially distributed the cards to North Dakota Army National Guard members who were augmenting the 319th Security Forces Squadron here.

Other cards went to local unit commanders and first sergeants along with other guard units "up and down the Red River Valley," Sgt. Johnson said.

The idea for the Million Minute March came from Mr. Reitmeier.

"You could see it was a time that sending a box of cookies wasn't appropriate anymore," he said, referring to the threat of terrorism. "After I started, it was sheer joy. No matter who I talked to about this, I didn't have to do any convincing. People asked 'How can I help?'"

He added that the Family Support Center made the job easier.

"Sometimes you try to do things and hit a brick wall," Mr. Reitmeier said. "Dr. Earl Beal (FSC director) made it easy."

More information about the program is available at www.millionminutemarch.com.



Photo by Tech. Sgt. Scott Davis
Mr. John Reitmeier was the idea man behind the Million Minute March.

Air Force announces Thrift Savings Plan open season

RANDOLPH AIR FORCE BASE, Texas – Civilian and military employees can sign up for, or change, their Thrift Savings Plan contribution amounts during the "open season" Wednesday through Dec. 31. This open season applies only to regular TSP contributions. It does not include TSP catch-up contributions, as they are not tied to open seasons, said Ms. Janet Thomas of AFPC's civilian benefits and entitlements service team.

TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

"Eligible employees can take out loans and make in-service withdrawals from their TSP accounts," said Ms. Thomas. "And you can keep your account, even if you leave military or federal service."

Investment money is deposited directly from each paycheck "so you never have to think about it," said Senior Master Sgt. Felipe Ortiz, superintendent of the contact center here.

The five TSP funds are the Government Securities Investment (G) Fund; the Common Stock Index Investment (C) Fund; the Fixed Income Index Investment (F) Fund; the Small Capitalization Stock Index Investment (S) Fund; and the International Stock Index Investment (I) Fund.

Contribution elections/changes made between Wednesday and Dec. 13 will take effect Dec. 14, for both military and civilian personnel. Changes made after Dec. 14 will become effective at the beginning of the pay period following the pay period in which the election is made for civilians and the following month for military.

Some of the specifics of the program include:

Military

► Military members can continue to contribute up to eight percent of their base pay through November.

Beginning Dec. 1, members may increase their contribution to nine percent as long as the annual total of tax-deferred investment doesn't exceed \$12,000 for 2003. Airmen also have the ability to invest all or part of their bonuses or special pay.

► Those serving in tax-free combat zones are allowed up to \$40,000 in annual contributions.

► Military members can enroll through the Defense Finance and Accounting Service web site at www.dfas.mil/emss/. They can also enroll by filling out a form TSP-U-1 at local military personnel flights, finance offices and family support centers.

► Contribution allocations (how an employee chooses to invest money among the five funds) can be made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP web site at www.tsp.gov/.

For general TSP questions, call the AFPC Contact Center at DSN 665-5000 or (866) 229-7074.

► Specific TSP information is available for Air Force military personnel at www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm.

Civilian

Contribution limits are based on which retirement system an employee has. For the current open season, the following contribution rates apply:

► Federal Employees' Retirement System employees may contribute up to 14 percent of basic pay each pay period. Once eligible, the government provides matching funds of up to four percent as well as an automatic one percent each pay period, whether the employee contributes or not, making the government's contribution five percent.

► Employees covered by the Civil Service Retirement System may contribute up to nine percent of basic pay, but do not receive any matching contribu-

tions or the automatic one percent.

► The percentage FERS and CSRS employees may contribute will increase by one point each year through 2004, when they will be restricted only by the Internal Revenue Code's annual limit, \$12,000 in 2003 and \$13,000 in 2004, said Ms. Thomas.

► Specific information is available for civilian employees from the Thrift Savings web site at www.tsp.gov/ or the BEST homepage at www.afpc.randolph.af.mil/dpc/BEST/menu.htm.

► All Air Force civilian employees will make their TSP contribution elections or changes through the BEST automated phone system at (800) 997-2378, or commercial 527-2378 in San Antonio or the Employee Benefits Information System web application at www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. Hearing impaired employees may contact BEST by calling TDD (800) 382-0893 or commercial 565-2276. Overseas employees enter the AT&T Direct Access Number for the country they are calling from and then enter 1-800-997-2378. AT&T access instructions can be obtained from www.att.com/business_traveler/guides_and_access/dialing_instr.html#outside.

Counselors are available weekdays from 7 a.m. to 6 p.m. Central Time.

► Contribution allocations (how an employee chooses to invest their money among the five funds) are made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP web site at www.tsp.gov/.

More information about the Thrift Savings Plan can be found in the booklet "Summary of the Thrift Savings Plan" on the TSP home page under civilian or uniformed services TSP Forms and Publications.

(Courtesy Air Force Personnel Center)

News

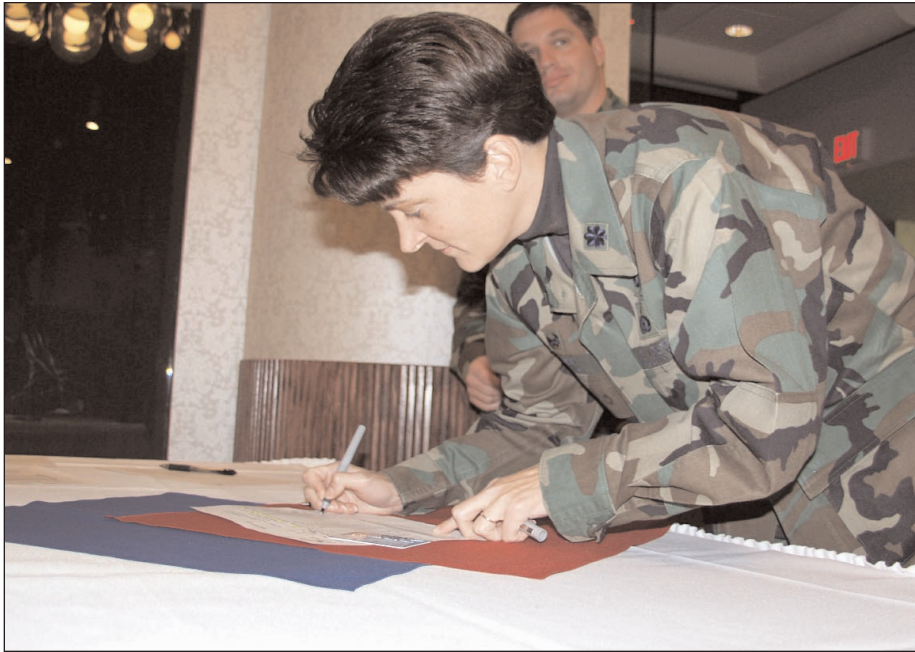


Photo by Airman Patrice Clarke

CFC kickoff

Lt. Col. Laurie Lisec, 319th Communications Squadron commander, signs in for the 2003 Combined Federal Campaign kickoff luncheon Tuesday. For details on the CFC, contact your squadron representative.



Photo by Airman Patrice Clarke

Cause for concern

Tech. Sgt. Ben Aster and Staff Sgt. Nicholas Zink, 119th Fighter Wing out of the Fargo Air National Guard, put away their equipment Oct. 10 after responding to a call from the command post here. The Explosive Ordnance Disposal team responded after Command Post located an unidentified package on base. No explosives were found and the box was disposed of.

News briefs

Court-Martial

On Oct. 8, Airman Bobby D. Edwards, Jr., 319th Aircraft Maintenance Squadron, was convicted at special Court-Martial of one specification of drunk driving and one specification of reckless driving (driving 62 miles per hour in a 30 miles per hour maximum speed zone on base). Both specifications were in violation of Article 111 of the Uniform Code of Military Justice. Airman Edwards was sentenced to 75 days in confinement, forfeiture of \$767 pay per month for two months, and a reduction to Airman Basic.

MDG opens doors for Halloween

The 319th Medical Group will open its doors to trick or treaters from 3 to 4:30 p.m. on Halloween. There will also be a children's costume contest at 4 p.m. Two \$50 savings bonds will be given away complements of the MDG Top 3. Costumes will be judged on originality and overall presentation.

For details, call Master Sgt. Karen Seil at 747-5326.

Pumpkin patrol

Military members are needed to volunteer for pumpkin patrol Oct. 31. Pumpkin patrol is when military members volunteer to patrol the housing areas and ensure the safety and well being of the children during the Halloween holiday. Volunteers will be provided with a flashlight, whistle and radio. Warm houses will be available to the volunteers during the patrol.

Anyone who would like to volunteer should contact their first sergeant.

Hispanic Heritage luncheon

The Hispanic Heritage luncheon begins at 11:30 a.m. at the Northern Lights club. The Minnekanos are the performance group that will be featured. The performance is free to all. However, if you would like to dine please call your squadron point of contact or Technical Sgt. Jeff Taylor at 747-3188 or Master Sgt. Robert Aguilar at 747-4423 for further information.

Quarterly awards banquet

The Grand Forks Air Force Base Quarterly Awards Banquet is Thursday at the Northern Lights Club. Meal choices are London Broil or Stuffed Chicken. Social hour begins at 6 p.m. and dinner will be served at 6:45 p.m. The cost is \$13 for club members and \$15 for non members. Attire is Service Dress for military members and business attire for civilians. If you plan to attend, please see your First Sergeant to RSVP by 11:00 a.m. Monday.

For details call, Master Sgt. Darrell Williams at 747-6324.

Spanish linguist needed

Air Force Personnel Center is looking for Spanish linguist support augmentees for Operation LAN-DE, counter-drug division. Reporting January 24, 2004 to April 26, 2004 they need to fill 12 requirements. Applicants must be E-6 and below, no E-7's may apply. In order to be considered, applicants must possess a current Defense Language Proficiency Test score of 2+/Listening and 2+/Reading. Current profi-

ciency means they must have tested within the last year. Applicants must possess a Secret Clearance and must have Government Credit Card already in their possession before arrival. Duty will be performed in the Washington D.C. area. Duties will include translating records from various Latin American countries.

Submissions must be accepted by close of business Oct. 31.

For details concerning, applications, eligibility or general information, call 2nd Lt. Amber Greenwalt at 747-3197.

Secret shoppers needed

The 319th Services Squadron is looking for Secret shopper volunteers to visit Services facilities and give feedback on their experiences. We need both men and women who are available at a variety of times. Some training is involved. Compensation will be in the form of Services Gift Certificates.

Call the 319th Services Marketing and Publicity Office by close of business Wednesday.

For details, call the 319th Marketing & Publicity Office at 747-3238.

Speakers Bureau

Public affairs is looking for military and civilian guest speakers for local events such as Veterans Day. Public affairs will provide speaking materials and guidance for any event the speakers wish to participate in. For details, call Staff Sgt. Monty Volk at 747-5016.

First Eagle Flag begins

By Master Sgt. Paul Fazzini
Air Mobility Command Public Affairs

NAVAL AIR ENGINEERING STATION LAKEHURST, N.J. – More than 150 expeditionary combat support personnel from around the Air Force arrived here Monday for the inaugural Eagle Flag, the Air Force’s newest flag-level exercise.

The goal of the exercise is to open and establish an airbase to an initial operating capability for a forward operation, regardless of mission or aircraft type. The Air Mobility Warfare Center’s 421st Training Squadron, located at Ft. Dix, N.J., is the lead agency for conducting the expeditionary combat support exercise.

“We’re excited about the kickoff of Eagle Flag, and even more so about how this exercise will bring together approximately 400 expeditionary combat support leaders from around the Air Force to rehearse the force module concept they may be called to employ in the future,” said Col. Joan M. Cunningham, special assistant to the commander of the Air Mobility Warfare Center for Eagle Flag, whose cadre of more than 130 readiness professionals have planned for several months to make the exercise as realistic as possible.

The ECS leaders, who are all in their Air and Space Expeditionary Force spin-up window, were tasked to deploy to Eagle Flag by the AEF Center at Langley AFB, Va., the same way they would for a real-world deployment.

According to Colonel Cunningham, Eagle Flag participants will arrive at different time frames throughout the 12-day exercise. This, she said, puts into action the ECS force module concept.

About 30 key and essential leaders, including the deployment commander, Col. Lisa Firmin, commander of the 27th Mission Support Group at Cannon AFB, N.M., were among the first to arrive. Their task is to begin initial operation planning. The commander’s goal for the exercise, however, is simple.

“I hope to validate the concept of Eagle Flag and demonstrate just how valuable and vital expeditionary combat support is to the Air Force mission. This will be the most realistic training



Photo by Tech. Sgt. Stephen Faulisi

Personnel from the 27th Fighter Wing, Cannon Air Force Base, N.M., arrive at McGuire AFB, N.J., Oct. 13, to participate in exercise EAGLE FLAG. EAGLE FLAG is an Air Force-level Expeditionary Combat Support exercise conducted by the Air Mobility Warfare Center’s 421st Training Squadron at Ft. Dix, N.J. The combat exercise brings together those expeditionary support skills used in a realistic contingency environment with the means to open and establish an airbase to initial operating capability for any type of forward operation.

Cannon members (and other participants from around the Air Force) will receive, apart from an actual deployment,” said Col. Firmin. “There will be people assigned to role-play at Eagle Flag, playing the parts of media, terrorists and local residents. The people playing these roles are very good, and very realistic, and they will provide great situations to see how our people react.”

An eight-member assessment team will arrive Tuesday to determine what repairs or upgrades the exercise site will require in order to make it operational as a U.S. Air Force forward operating base.

While the assessment team continues their work, the first of three force modules will arrive. A force module is a grouping of combat support forces and their accompanying equipment and supplies necessary to sustain them for a minimum of 30 days. In an actual

– See EAGLE, Page 10

LASIK available at 'warfighter' centers

By Master Sgt. Richard B. Searles
Air Force Surgeon General Public Affairs

BOLLING AIR FORCE BASE, D.C. – The Air Force's "warfighter" corneal refractive surgery program expanded its services to include laser-in-situ-keratomileusis, or LASIK, for qualified people at its centers.

Gen. T. Michael Moseley, Air Force vice chief of staff, approved a memorandum written by Lt. Gen. George "Peach" Taylor Jr., Air Force surgeon general, announcing the immediate start of the expanded program.

LASIK and photorefractive keratectomy, a similar surgery already being performed at the centers, are Food and Drug Administration-approved elective procedures designed to reduce the need for corrective lenses.

"(Because) glasses and contact lenses may be an operational disadvantage, PRK or LASIK may be performed to enhance performance and safety, and increase the readiness of warfighters by eliminating the need for glasses or contact lenses," said Col. David Rhodes, chief physical standards at the Air Force Medical Support Agency.

LASIK will be offered to airmen who are not considered aviation and special-duty personnel.

"Aviation and special-duty personnel will continue to be covered under a separate surgeon general policy and

are currently restricted from undergoing LASIK due to concerns regarding the stability of the corneal flap created during this procedure," said Col. Rhodes. "Selected special-duty personnel whose duties are not performed while flying, however, will be eligible for LASIK."

"There are general concerns with corneal-flap-related complications of LASIK that go beyond routine clinical issues that are specific to the aviation and operational environment," said Col. Rhodes. "There is no corneal flap created with PRK. For this reason, PRK remains the preferred procedure, and expectations are that it will continue to be performed in much greater numbers at the (Warfighter Refractive Surgery Center)."

Any person electing to have LASIK performed should be aware of the potential for complications associated with the corneal flap that are not associated with PRK. Col. Rhodes said that although an individual is currently in a career field that is qualified for LASIK, having the procedure would make him or her ineligible to later train into most aviation fields under current policy.

Though either surgery may be operationally beneficial for some people, it is an elective procedure. There is no requirement for any airman to obtain either LASIK or PRK. Eligible people may undergo either procedure at any operational refractive surgery center.

"Wilford Hall Medical Center and the U.S. Air Force Academy's center currently have the resources to do LASIK and PRK," said Col. Rhodes. "The other centers currently perform PRK and will offer LASIK as soon as resources permit."

Other centers are located at Travis Air Force Base, Calif.; Keesler AFB, Miss.; and Wright-Patterson AFB, Ohio.

Because of the expected high demand for this procedure, patients are assigned an operational priority based on mission requirement. They can have either LASIK or PRK depending on the center capability, the opinion of the surgeon, and patient eligibility based on Air Force specialty code.

"The individual's squadron commander must certify the prioritization category," Col. Rhodes said.

Col. Rhodes said the commander should consider mission impact when granting permissive temporary duty for these surgical procedures because the patient will not be allowed to deploy for a period of time resulting in temporary duty limitations.

The corneal refractive surgery program was initiated in late 2001 with PRK. Since the program began, more than 6,000 airmen have had the surgery.

Airmen seeking more information on the procedures should contact their installation eye-care professional.

VAP ensures airmen's right to vote

By Maj. Robin L. White-Reed
Installation voting officer

In preparation for the upcoming general election year, let's take this opportunity to revisit the Voting Assistance Program.

This program ensures that the right to vote can be exercised by all United States citizens in every corner of the world.

Although voting assistance is most often sought during federal election years, assistance can be given all year long, every year.

Here are some common questions that military members and their families have about voting while away from "home."

What is absentee voting?

Absentee voting provides a means for qualified voters to participate in upcoming elections even though they may not be able to go to the voting polls, in their home state on election day.

Who can vote absentee?

Generally, all members of the Uniformed Services, their family members and members of the Merchant Marine and their family members, who are 18 years or older and U.S. Citizens, may vote absentee in federal, state, and local elections when residing away from the legal state of residence.

What is my legal state of residence?

For voting purposes, your "legal state of residence" can be the state where you last resided prior to entering military service, or the state which you have since claimed as your legal residence.

Military and family members may change their legal residence every time they change permanent duty stations, or they may retain their legal residence throughout their careers.

Can I vote where I am stationed?

Military members may vote in the state where they are stationed if they change their legal residence to that state,



even if they live on a military installation.

Be advised that there are legal obligations which may be incurred, such as taxation, when changing your state of residence.

I would like to vote.

Where can I find assistance?

Voting assistance officers are assigned to units of military installations

and can assist active duty and their family members in completing the required documentation to apply for absentee voting.

To locate your voting assistance representative, or for questions regarding the Voting Assistance Program, call Maj. Robin White-Reed at 747-5373, or contact her via e-mail at robin.white-reed@grandforks.af.mil.



Photo by Master Sgt. Anna Hayman

Fire burns Minot housing complex

Firefighters here extinguished an early morning fire that destroyed a four-family military housing complex Oct. 12. The three families living in the complex were evacuated with no injuries. Officials from the 5th Civil Engineer Squadron's fire emergency services flight and the Office of Special Investigations are investigating the cause of the fire.

– EAGLE, from Page 8

deployment, Force Modules 4 and 5 would focus on “Generating the Mission” and “Operating the Airbase.” According to Col. Cunningham, while Force Modules 4 and 5 aren’t rehearsed during Eagle Flag, it’s important to note that these force modules are the ones that project the sustainment aspects of the newly established airbase.

As members of the force modules slated for Eagle Flag arrive at Lakehurst, they’ll first stay the night in one of the base’s hangars.

Navy Capt. Mark Bathrick, commanding officer of NAES Lakehurst, said, “Supporting the Eagle Flag exercise is good for both the Air Force and the Navy because the U.S. military already operates in a joint environment.”

According to planners, Lakehurst is a good fit for this inaugural exercise, especially because its hangar, runway and drop zone capabilities, as well as available real estate, provide a realistic deployment experience for the participants.

On day two of the exercise, members of Force Module 1 will transport all their gear and support equipment from a marshalling yard to the exercise field area. This simulates what the airmen would be doing once they hit the ground in a real deployment. Like this simulation, other scenarios created by the instructor cadre at the 421st TRS will challenge many of the participants’ ability to survive and operate skills, their Air Force specialty and deployment skills, as well as their flexibility to the limitations in the new environment.

“Some of the scenarios will even apply lessons learned from Operations Enduring Freedom and Iraqi Freedom,” said Col. Cunningham.

The exercise is expected to end Oct. 22 when Col. Firmin turns over the “keys” to the base’s air expeditionary wing commander, thus informing the new commander the base is ready to generate missions.

The Air Force has scheduled eight Eagle Flag exercises for fiscal year 2004, with the next one set to begin in January.

‘Bird balls’ preventing aircraft strikes

By Airman Christie Putz
92nd Air Refueling Wing Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. – The base here is the first Air Force installation to use “bird balls” as part of a new program to prevent airfield bird strikes.

The new tool, part of the 92nd Air Refueling Wing bird-aircraft strike hazard program, uses small, environmentally safe, black balls to cover the surface of the water on the drainage ditches near the flightline.

The idea behind the balls is that they will block the ultraviolet rays and prevent growth of algae and weeds, making it a less desirable place for the birds to roost, said Master Sgt. Stacy Maier, of the wing’s flight safety office.

The balls also prevent the birds from being able to sit on the water and pose a threat of flushing when aircraft fly overhead, he said.

“Bird-strike damage can range from something as simple as a small scratch or dent, to something as big as causing an airplane to crash, due to a complete system failure,” Sgt. Maier said.

Additional positive aspects include easy installation, lack of maintenance and ability of the balls to adjust to fluctuating water levels, he said.

“They are also relatively inexpensive to purchase,” he said. “The 50-yard section that was filled as a trial area used a total of 10,500 balls at a small cost of \$2,000.”

Although Fairchild is the first base to experiment with this technology, it has been used before.

“San Francisco International Airport has used them with great success,” said Lt. Col. Lesley Spraker, the wing’s chief of safety. “Since they placed the bird balls in their open water, they have dramatically reduced bird activity in and around the previously open water areas.”

No other Air Force bases use this technology, he said.

When the idea was presented at the bird aircraft strike hazard conference, several military bases and civilian organizations asked Fairchild to report the results so they could evaluate the technology.

“We expect this to be a very low-cost solution to an



Photo by Airman Christie Putz

Master Sgt. Stacy Maier dumps a box of "bird balls" into a drainage ditch along the flightline here. Fairchild is the first Air Force base to use this newest form of protection against bird strikes. Maier is with the 92nd Air Refueling Wing's flight safety office.

on-going problem,” Col. Spraker said. “Most other options were not practical, due to the large size of the drainage ditch.”

Other solutions were considered but were either not cost-effective or would present other problems in the future, he said.

Fairchild has many other precautions to prevent bird strikes.

Such precautions include covering nearby skimming ponds with netting, using several remotely controlled propane cannons and mounting one in the rear of a truck as a scare device.

Additionally, falconer Mr. Dave Knutson, from the wing safety office, travels the airfield daily with his trained falcons to clear the runway of birds.

Mr. Knutson also uses his personal hunting dogs to flush the birds out of the grassy areas adjacent to the runway, Col. Spraker said.

“With the combined effort at Fairchild, we have seen our damaging bird-strike costs drop dramatically. The last damaging bird strike was in December of 2002 and resulted in a cost of \$728,” Col. Spraker said.

(Courtesy of Air Mobility Command News Service)

Airman reacts to vehicle accident

By Tech. Sgt. Doug Hays
434th Air Refueling Wing Public Affairs

GRISSOM AIR RESERVE BASE, Ind.—While some Air Force reservists were just hitting the snooze alarm at 5:30 a.m., Senior Airman Stacey Miller was hopping fences and wading through mud to get to an accident victim recently.

Airman Miller, an aerial porter with Air Force Reserve Command’s 49th Aerial Port Flight here, left her Indianapolis home at 5 that chilly morning to make it to Grissom by 7:30.

Her commute took a hard turn when she saw the truck in front of her leave the road, go down an embankment, over a fence and through a tree before coming to rest partially submerged in a pond.

“I knew I had to stop and help,” Airman Miller said. “It is one of those things you just don’t hesitate to do.”

She exited her van, hopped the fence and ran to the injured man.

“The way the truck was in the pond, I wasn’t sure if he was completely submerged or not,” Airman Miller said.

The truck was nose first in the water at an angle, and the driver’s side door was jammed into the mud. The driver was unconscious and was slumped against the steering wheel.

While another passerby waited, Airman Miller ran back to her van and grabbed a crowbar to get the man out of the truck, and a blanket to keep him warm.

Airman Miller and the passerby busted the window on the passenger side allowing them access into the vehicle.

“When we first got there, the headlights were still on but were shining into the water,” Airman Miller said. “After

about five minutes, they went out and it was totally dark.”

Had the accident not been witnessed, the driver could have gone unnoticed for hours because of the time of day and the way he was situated, Airman Miller said.

The driver regained consciousness and after about 15 minutes he was coherent enough to give them his name.

“We kept trying to talk to him to keep him awake,” she said. “He was trapped in the vehicle and help didn’t seem to come fast enough.”

The truck he was driving was a company vehicle, and Airman Miller was able to contact the man’s employer through an answering service. Mr. Jim Dunn, manager of the fleet safety, answered questions before heading to the site himself.

“It seemed like forever before anyone came,” Airman Miller said, “and then all of a sudden it was like the cavalry had arrived.”

Firefighters and paramedics worked in the cold water to cut the vehicle away from the entrapped victim.

“Once they got there, I tried to stay out of the way and answer questions from the state police,” Airman Miller said. “Only then did I realize how cold it was. I had been without a jacket the whole time but didn’t feel the effects of the cold until then.”

Before she left the scene, Airman Miller called her unit to let people know she would be late.

“They said I had the perfect excuse,” she said.

“What she did was amazing,” said Staff Sgt. William Archer of the 49th APF. “We’re all very proud of her.”

Obituary

Kimberly Sarah Osborn

Kimberly Sarah Osborn, 13, died Oct. 8 in Anchorage, Alaska, two days after being struck by a van on her way to school. Kimberly was the daughter of retired Tech. Sgt. Corrine Osborn who was assigned to the 319th Air Refueling Wing Chapel from June 1999 to June 2003.

Kimberly attended the seventh grade at Twining Middle School last year and was a very avid sports fan. Her favorite teams

were the Chicago Cubs and Bears.

She is survived by her mother, sisters Brittany and Samantha, and father Keith Osborn of Henderson, Nev.

Funeral services were held Saturday at the First United Methodist Church in Anchorage.



Closer ‘knit’ community through Baby Bundles

By Mrs. Sarah Bloch
Public affairs

The volunteer spirit is certainly alive here on base and in surrounding areas, as local individuals and groups put forth their time and effort to give back to the community.

One way that some volunteers are doing this is through Operation Baby Bundles, a program that is coordinated by the Family Support Center, which is unique to this base.

What makes this particular program stand out is the fact that it is an all-volunteer initiative, and volunteers make the baby layette sets by hand.

“(Baby bundles) make a nice starter gift for new families,” said Mrs. Rebecca Bailey, an Operation Baby Bundles volunteer and military spouse.

She first decided to get involved after her husband saw an email about it and since she likes to crochet, needlework consisting of interlocked looped stitches, formed by a thread and a hooked needle. A baby bundle consists of a hand-crocheted layette (blanket, booties, bonnet), a onesie or sleeper, bottle or sipper cup, bib or spoon, pacifier or teether, baby nail clippers or toothbrush, diapers, a toy and a complimentary *Baby’s First Years* book, all valued between \$40 to \$50. On occasion, there are other donated items that might be used as well, such as memory books.

After parents based here bring a new baby into the world, they can stop by the FSC to pick up a gift box full of the baby bundle goodies by signing for it or submitting a gift certificate. The Baby Bundles gift certificates are given out by either Mrs. Peggy Walker, work life specialist in the relocation assistance service area, or by Mrs. Peggy Littleton, the New Parent Support Program Family Advocacy nurse, as she visits Altru Hospital and gives them to new parents.

“(The program) is fantastic! I love to crochet, I’ve been doing it for about 20 years and, as a stay-at-home mom, I had time for it, so I thought it would be something fun to do,” said Mrs. Bailey.

The layettes are knitted with multiple colors of yarn the FSC provides to volunteers, which she likes



Photos by Mrs. Sara Bloch

This is a sampling of items given away in the base’s Baby Bundles packages.

because it allows her to create different color schemes that come out beautiful.

In addition, they help babies feel comfortably soft and warm.

Mrs. Bailey said she makes so many afghans she runs out of space. She finds it to be relaxing and likes that she gets to enjoy her hobby while being productive.

– See BUNDLES, Page 14

Feature

– BUNDLES, from Page 13

Other volunteers who have been giving freely of their talents in order to support Operation Baby Bundles include one Minnesotan woman and a Northwood, N.D., woman who have been volunteering since the early 1990s, and a group of women from the Gran Lutheran Church of rural Mayville, N.D. The Minnesotan woman’s willingness to volunteer stems out of her wish to remain anonymous.

“Her basis for doing this is not for any kind of recognition,” said Peggy Walker, FSC Work Life Specialist.

What started out as her giving back to the base community, to say thank you for their efforts in assisting her daughter who was once based here (during Operation Dessert Storm), has turned into almost 15 years of devoted volunteer service. Though she is nearly 300 miles away, this amazing ‘anonymous’ woman has continued to put forth her endless efforts to help keep this program alive after all this time.

Dr. Earl R. Beal, FSC director, provided some background information on Operation Baby Bundles, a program that is under the Relocation Assistance Services. It began here in the early 1980s, yet was informal back then. By 1988, when the FSC was opened, it became more formalized, where instead of just hearing about it by word-of-mouth, it evolved into an actual base program and was fully operational by 1989.

It also predates Bundles for Babies, a program sponsored by the Air Force Aid Society, which is available to 79 Air Force bases; one that would likely be available to your family should you PCS from here.

Both of the programs strive to provide support to Air Force base families.

“(Operation Baby Bundles) is a catalyst to get them



Photos by Mrs. Sara Bloch

Mrs. Peggy Walker, Family Support Center work life specialist, shows off a pair of crocheted baby booties to a new mother.

thinking about family planning and their budget,” said Dr. Earl Beal, family support center director. “It’s such a positive program; It’s welcoming new members to the base.

“It’s such a gratifying feeling knowing people are doing that (volunteering for Operation Baby Bundles).”

He also said there used to be a corps of volunteers, whereas now it has dwindled down, as other volunteering areas have of recent.

“When the missile field was here, there were a few guys who did some knitting,” he said. “One guy would be sitting out in the missile field crocheting baby booties.”

The program is open to all active duty Air Force members, Air National Guard and Air Force Reserve members and their families, and does not make a distinction of rank, does not require participation in a class, and does not limit it to being a parent’s first child; each new baby is eligible to receive one.

“It’s a ‘win-win’ for everyone,” said Dr. Beal.

It’s an especially great program since it is a local volunteer program, not a distant one, he said.

“First-time moms need that (tender loving care), and sometimes they don’t know about it and we catch them,” he said.

“Our (program) is one of the only ones to maintain an all-volunteer program,” said Dr. Beal. “There is no funding; it’s strictly a feel-good program that a lot of people take part in.”

Over time, the FSC has received donations by various individuals and agencies including the Officers’ Spouses Club, Enlisted Spouses Club, First Sergeant’s Group, Warriors of the North Top Three, Air Force Aid Society (which provides the complimentary *Baby’s First Years* book), and the Army and Air Force Exchange Service (which provides the gift boxes that hold the baby bundle goodies).

Mrs. Walker said the donations come entirely in the form of actual baby supplies or gift certificate cards; cash donations are no longer accepted.

Whenever individuals or groups want to make a donation through a gift card, Mrs. Walker is the person who keeps a log of the donation and amount.

She then goes out and purchases whatever baby bundle supplies are most needed, as well as the yarn needed for the volunteers to crochet the layettes.

One example of this in action happened within the past year when an individual took a sample baby bundles package to a spouse’s group meeting, resulting in a large donation from the base chapels.

These volunteers prove that each of us can create a stronger sense of community by contributing to the base and local areas by simply doing something we love, be it crocheting, a sport, or just helping others.



The *Your Baby's First Year* book is the complimentary book given by the Air Force Aid Society and is included in the Baby Bundle package.



A deployed Warrior of the North inspects a headset at the deployed location.

Photos by Staff Sgt. Scott Sturkol



(Above) Maintenance members from base work in a maintenance line at a deployed location.
(Right) Maintenance members from base await a jet landing at a deployed location.

Tanker maintenance did their jobs, a little more at deployed location

By Staff Sgt. Scott T. Sturkol
CENTAF-Forward Public Affairs

SOUTHWEST ASIA – Although they’ve returned home from their most recent 60-day deployment, a lot can be said for the more than 40 Grand Forks Air Force Base KC-135R Statotanker maintenance and support troops who came to this undisclosed base supporting the tanker mission of air refueling for the 340th Expeditionary Air Refueling Squadron.

At a base where supporting Operation Iraqi Freedom, Operation Enduring Freedom, and Combined Joint Task Force-Horn of Africa has become a daily routine, these Warriors of the North did their job exceptionally, according to maintenance officer 1st Lt. Jason Mountain who deployed with the group and worked out of the 379th Expeditionary Aircraft Maintenance Squadron. He also said that as they worked with maintenance and support personnel from four other units to complete the job before they

left, an accomplishment rarely seen in the field.

“This deployment was a little challenging at first,” Lt. Mountain said. “Trying to get a feel for and know all the people from five different tanker units wasn’t easy but we did it. Everyone worked together and got along extremely well. We became a really good team over there.”

Every day had its challenges, Lt. Mountain said. There were days that it seemed everything was thrown at them yet they triumphed in the toughest of outdoor conditions – Southwest Asia in the summer.

“Over there, it was mainly the heat,” he said. “After a couple weeks though, you get used to it. You’re not comfortable with it, but used to it.”

Senior Master Sgt. Dean Josephson, who was the KC-135R maintenance superintendent for the 379th EAMXS, said he saw the troops do a great job while “battling the heat.” The biggest part, he added, was they came to do an important mission and they did it with little fanfare or expectations.

“It just feels good when we can go out and do our part and do it as successful as we did,” Sgt. Josephson said.

Being deployed was tougher on some than others – not that it’s easy of for any of them. For first-time deployer Airman 1st Class Dustin Nostrom, a communications and navigations systems apprentice who also worked in 379th EAMXS, he certainly remembered immediately what he was missing back home.

“The hardest part is being away from family and loved ones,” Airman Nostrom said. “Because even though you are doing your best at making the best of what you got, there is always someone or something back home that you love and miss dearly.”

Airman Nostrom said that in spite of missing home, he was happy to have the chance to experience the deployed environment and work to support a unique mission that this base has.

“Sometimes I wondered why I was over there, but then I remembered what I’ve had growing up, the way I was raised, the people I knew and the role models I’ve looked up to,” Airman Nostrom said. “I am hoping that one day that everything that we did over there was enough to let the rest of the world have the same opportunities that I have had in my life.”

Staff Sgt. Adam Hamilton, a communications and navigations systems journeyman, said supporting OIF, OEF and CJTF-HOA was not something they realized when they were turning planes for missions.

“We really don’t see a whole lot working on the ground ensuring that the aircraft fills its mission,” Sgt. Hamilton said. “We know it is important, but we just do what we have to everyday to keep the jets flying.”

Sgt. Hamilton added that the comforts and conven-

iences of home weren’t there like they are at Grand Forks, but they kept the wrenches turning and the planes in check with what they had.

“I think the toughest part sometimes is not having all the equipment that you need to do a job,” Sgt. Hamilton said. “We deploy with a set amount of equipment and that is all we get. We can’t run home to get let’s say, a particular book, or a set of crimpers so that we can splice a wire. It is that sort of thing that makes maintaining aircraft away from home station tough, but we get it done.”

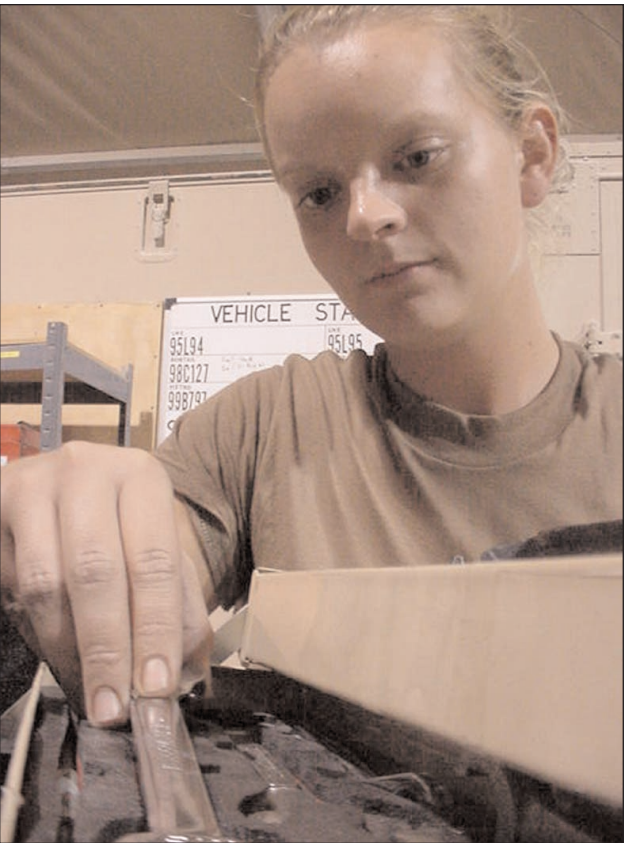
Master Sgt. Brad Ortizman, who worked as production superintendent with the 379th EAMXS, said this trip to this base was his third time in the last 12 months.

“It gets hard each time because left behind is my family,” Sgt. Ortizman said. “This is the second year in a row I’ve missed my son play football and my daughter perform in band concerts. When I’m gone, my wife, who also works, has to find time to keep the house up tight, attend events for both children, take care of the bills and still get a few hours peace and quite to relax.

“As hard as it is to deploy, I think my wife has the hardest job of all,” he said. “I could not constantly deploy and perform my job without the outstanding support of what I believe is the best wife and children in the world!”

Ortizman’s comments reflect those of President George W. Bush’s on the importance of family members who help keep the mission going. In September, the President addressed soldiers and their families from the 3rd Infantry Division at Fort Stewart, Ga. To the military families he said, “I want to thank you for the support you’ve given to your loved ones. Thank for the love of your country. Our nation is grateful.”

But to see a deployment complete means the Warriors of the North did their jobs suc-



A base maintenance member tightens up some loose bolts on equipment at a deployed location.

cessfully, from the aircrews to the maintainers and support staff to the families back home. Sgt. Ortizman said that when he sees an aircraft meet its mission and return safely, he knew his people did the job right and he knows the mission of the tankers is the bottom line to success of airpower in any deployed theater.

“Without tankers to provide fuel, the other aircraft could not complete their missions,” Sgt. Ortizman said. “NKAWTG! No one!”



Community



Photos by Airman Patrice Clarke

El almuerzo

(Top) Master Sgt. Richard Pasamante helps cook and serve at the Hispanic Heritage Month food sampling at Prairie Rose Chapel Oct. 10. (Bottom) From left to right, Tech. Sgt. Tandra Campbell, Senior Airman Paul Cooper and Capt. Liza Blecher, 319th Logistics Readiness Squadron, sample the food offered at the tasting. Some of the dishes served were, Arroz con Pollo (chicken with rice), Ropa vieja (Caribbean shredded beef), and Coquito (Puerto Rican egg nog).





Base chapel

CATHOLIC:
Mass: 5 p.m. Saturday, 9 a.m. Sunday, Sunflower Chapel.
Weekday Mass: Monday, Wednesday and Thursday, Sunflower Chapel.
Reconciliation: 4:30 to 4:45 p.m. Saturday, or by appointment, Sunflower Chapel.
CCD: 10:45 a.m. at Eielson Elementary.
Adult education, sacramental programs: Call Mrs. Jane Hutzol at 747-3073.

PROTESTANT:
Traditional worship: 10:30 a.m. Sunday, Sunflower Chapel.
Contemporary worship: 6 p.m. Sunday, Prairie Rose Chapel.
Protestant youth of the chapel: 4 to 5:45 p.m. Sunday, youth center.
Men of the Chapel bible study: Cancelled this week.
Young adults: 6 p.m., Chaplain Swain’s home. For details, call 747-4359.

JEWISH:
For details, call Synagogue B’nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:
For details, call Dr. Levitov at 780-6540.

MUSLIM, BUDDHIST, OTHER:
For details, call 747-5673.



Base theater

Today, 7 p.m.
Dickie Roberts: Former Child Star (PG-13)
David Spade stars as Dickie Roberts, a washed-up and highly eccentric former child actor, now 35, who hires an entire foster family (including Mary McCormack as his make-believe mom) to make up for his lost childhood.

Saturday, 7 p.m.
My Boss’s Daughter (PG-13)
It’s the chance of a lifetime for a guy (Ashton Kutcher) trying to win over his dream girl (Tara Reid) when his boss (her father) asks him to house-sit. However, things don’t go exactly as planned, as one houseguest after another keeps interrupting his time with her.

Oct. 24, 7 p.m.
Matchstick (PG-13)

Oct. 25, 7 p.m.
Cold Creek Manor (R)

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Community

Today

PUMPKIN PAINTING: The youth center is offering pumpkin painting and decorating Wednesday. Ages 6 to 12 attend at 5:30 p.m. and 13 to 18 at 6:30 p.m. Sign up by close of business today at the youth center. Cost is \$3 which includes a small pumpkin and paints.

SCRAPBOOKING CLASS: The skills development center is offering a scrapbooking class Saturday from 10 a.m. to 1 p.m. and cost \$5 plus supplies. Sign up by close of business today.

FRAMING WORKSHOP: Register today for the skills development framing workshop Saturday from 10 am to 5 pm, cost is \$20.00 plus supplies. Bring in an item to frame

PASTA BAR: The Northern Lights Club offers a “Pasta Bar” along with the day’s hot entree during lunch from 11 a.m. to 1 p.m

CLUB DINING: The Northern Lights Club offers a barbeque buffet from 5:30 to 8 p.m.

Saturday

HALLOWEEN CARNIVAL & HAUNTED HOUSE: Today is the last day to buy advanced tickets for the Youth Program's Annual Halloween Carnival and Haunted House. Tickets are 5 for \$1. Tickets at the door will be 4 for \$1. Tickets are needed to play the game booths, enter the Haunted House and to purchase food.

The carnival is Oct. 24 from 6 to 9 pm and Oct. 25 from 2 to 5 pm at Liberty Square. Pick your tickets up at the youth center.

CLUB KARAOKE: The Northern Lights Club offers Karaoke from 10 p.m. to 3 a.m.

CLUB DANCING: The Northern Lights Club offers dancing rom 10 p.m. to 3 a.m. to ‘club mix’ music with “DJ ‘C.’”

YOUTH GALAXY BOWLING: Register at the youth center for galaxy bowling at Dakota Lanes for ages 9 to 12 from 6 to 8 p.m. and ages 13 to 15 from 8 to 10 p.m. from 8 to 10 p.m. Cost is \$2.50/hour and .75 for shoe rental. Need 10 to hold; must sign up at the Youth Center to attend.

Sunday

FOOTBALL FRENZY: The Northern Lights Club invites all to watch football and win prize

RUBBER STAMPING CLASSES: Pre-register for the Skills Development Centers rubber stamping class Oct. 22 from 1 to 3 pm. Cost is \$19.50 includes supplies.

Monday

FOOTBALL FRENZY: The Northern Lights Club invites all to watch Monday Night football and win prizes.

Tuesday

TORCH CLUB MEETING: Torch Club Meetings are from 6 to 7 p.m. at the Youth Center. Torch Clubs are small group clubs offering service and leadership opportunities to young people ages 11 to 13.

KEYSTONE CLUB MEETING: Keystone Club meetings are Tuesdays from 7 to 8 p.m. at the Youth Center. Keystone Clubs are for Boys and Girls Club members ages 14 to 18.

Wednesday

SEVEN CLANS INDOOR WATER PARK: Outdoor recreation is sponsoring a trip to Seven Clans Water Park Oct. 25, departing at 10 a.m. Cost is \$12.50 per person, \$5 for children 12 and under, for transportation and \$10 per person water park admission fee. Sign up at outdoor recreation by close of business today.

TRICK OR TREAT BAG BEGINNING SEWING: The skills development center is offering a beginning sewing class from 1 to 4 pm, cost is \$7.50 plus supplies

CLUB DINING: Come to the Northern Lights Club Bar from 5:30 to 8 p.m. for “All you can eat Taco” bar. Cost is \$6.

FINE ARTS PROGRAM: The next Fine Arts Program class is today at the Youth Center.

The Fine Arts Program is held every Wednesday during the school year. The program is meant to provide Club members with the opportunities to create works of art for display in a local exhibit. The goal is to help youth uncover their artistic talents and motivate them to develop their creative skills and possibly explore related career opportunities. Ages 6 to 12 at 6:30 p.m. and ages 13 to 18 at 8 p.m.

A qualified instructor will be present. This event is free.

Thursday

\$1 LUNCH DAY: Club Members - come for \$1 Lunch Day at the Northern Lights Club from 11 am to 1 pm. This is for Club Card members only.

CLUB DINING: The Northern Lights Club offers steak night every Thursday from 5:30 to 8 p.m. Choose from:

12 oz. Rib eye – \$12.95
8 oz. Sirloin – \$10.50
20 oz. – \$13.75

There will also be an 8 oz. charbroiled chicken for \$9.50 offered for those who do not want steak. In addition, a children’s menu will be available.

Upcoming

ANNUAL HALLOWEEN CARNIVAL: There are still booths left for the Halloween Carnival and we still need a handful of volunteers for the Haunted House.

We have to have a Non-Personal Services Contract completed on Squadrons/Clubs that wish to participate, those interested must sign up early. For details call Dawn or Sally at 747-3150.

COSTUME NIGHT: Stop by Liberty Square in your costume on Halloween and receive \$1 off skate admission. There will be a favorite costume contest for age groups 6 to 8, 9 to 12, and 13 to 18. Open skating is from 6 to 10 p.m. and the Teen Center will be open from 6 to 11 p.m.

VIKINGS VS. SEAHAWKS: Outdoor recreation is sponsoring a trip to see the Minnesota Vikings against the Seattle Seahawks at the Metrodome Dec. 7.

The trip departs Saturday, Dec. 6 at 8 a.m. and returns around 11 p.m. Sunday. Cost includes tickets to the game (lower-level seating), overnight accommodations at the Quality Inn in Minneapolis, and all transportation costs. Additionally, there will be ample time to stop and shop at the Mall of America Saturday.

Costs per persons are: double occupancy \$145, triple \$135, and quad \$125. Packages are limited, must know by Nov. 4. Sign up at outdoor recreation.



photo by Airman Patrice Clarke

Caught?

Nathan Strand goes for the ball while being blocked. Services comes out on top against the Logistic Readiness Squadron's A team, 33-15.

Flag football standings

As of Oct. 16

Regular season ends with OSS vs SFS pending

LRS (B)	10-0	SFS	4-5
CES (B)	9-1	CS	2-8
OSS	7-2	SVS	4-6
CES (A)	7-3	LRS (A)	1-9
AMXS	6-4	MDG	0-10
MSS	4-6		



photo by Airman Patrice Clarke

Practice makes perfect

Qiturah Thomas and Amber Greenwalt run through drills. They are both part of the women's varsity basketball team here. The team is still looking for motivated women. For details, e-mail Dalton Lemelle at dalton.lemelle@grandforks.af.mil.

So, what's your fitness excuse?

New physical fitness standard rapidly approaching

by Major Larry Groves
Health Promotion Flight commander

The Chief of Staff concluded his announcement of the new Air Force fitness program with this simple message, "...if you are out of shape, fix it. If you have people in your squadron who need help, help them. January 2004 is the date. Be ready."

For those airmen whose current fitness level doesn't meet Gen. John Jumper's vision of our warrior culture, there's no time to waste. You need to consider and overcome the reasons that interfere with your physical fitness. Let's explore a few of these.

I don't know what to do

Get moving. This may seem insultingly simple, but it's sound advice. Aerobic fitness results from any vigorous activity on most days of the week that adequately elevates the heart rate for a sustained time. A casual stroll twice around the indoor track will not get it done.

Muscular fitness comes from any resistive activity that works to strengthen the body, not only push-ups and crunches. The possibilities are unlimited – lifting, pushing, pulling, carrying and more. Each squadron has Physical Training Leaders prepared to conduct unit programs and assess members' fitness. Seek their guidance and follow their leadership.

I don't know the PT standards

Neither do I; they haven't been officially published. The numbers don't matter, if you're serious about fitness and your health. The danger lies in having a "good enough" attitude toward fitness, based upon attaining some numerical value.

Your focus should always be on maximizing your total fitness to increase mission readiness and reduce risks to your health. The fitness assessment is merely a validation of your success.

I don't have time

Who does? It's not easy to find additional time during a busy day, yet some airmen are able to repeatedly leave their

worksite to smoke throughout their shift. Creative time management is required to meet the dual requirements of airmen's healthy lifestyles and their unit mission.

The duty time invested in physical fitness will pay dividends in elevated physical vitality, reduced chronic illness, increased deployment readiness, and greater unit morale... not a bad return from three exercise sessions per week.

I don't have the energy

Energy isn't something you just "have," it's something you create. Exercise tunes up your body's energy-making system. If you haven't been exercising regularly, complete a Physical Activity Readiness Questionnaire from your PTL to screen for uncontrolled health risks. Start gradually; push yourself progressively harder as you're able. Concentrate and build upon sustainable change.

The fitness center is too crowded

Not much credibility in this one, once you realize that our facility was designed to support two wings. If you're always going at peak times, you're going to encounter people and lines. Vary your workout schedule from 7:30 a.m., noon, or 3:30 p.m., and your exercise session from a rigid routine. You might have to "think outside the gym" for personal or group activities. Your PTL can help design a program with this purpose in mind.

I don't like exercise

Many younger people have little firsthand experience with exercise, given that physical education

programs have become nearly non-existent in our video-oriented, sedentary society. Many older adults have lost, or never established, the exercise habit. Exercise is like eating your vegetables; try a little until you find something you enjoy.

Create an "exercise identity" for yourself based upon this discovered pleasure, "I'm a runner, cyclist, swimmer, climber, skater and dancer."

Exercise is boring

You may think that exercise isn't particularly interesting. Sure, you can combine it with other things like music, reading, TV or outdoor pursuits, but it still may not be exactly fascinating. Consider exercise as a source of delayed gratification; all the daily activities you enjoy are improved by good health and mobility.

I don't want to give up all the things I like to eat

Remember, your attraction to those foods is an acquired behavior that can

be modified. The most important thing is how much total enjoyment you get out of living, and your health makes the biggest difference of all.

Nothing tastes as good as physical fitness feels.

Doctors keep changing their list of what's healthy behavior and what isn't

Perhaps they do, but it's based on evolving scientific knowledge. The benefits of exercise, nutrition, and physical fitness are well established and a no-brainer. Ultimately, your doctor isn't responsible for your health – you are.

I have better things to do than exercise

Sure you do, like monitoring your diabetic blood sugar levels, waiting for a bath after your stroke, or talking to your heart surgeon about coronary bypass options.

No more excuses, January 2004 is rapidly approaching. Will you be ready?

WELLNESS TIP

Up in smoke

Tobacco use is a lifestyle choice that annually accounts for 20 percent of all U.S. deaths

- ! Each year, more than 440,000 Americans die prematurely because of tobacco use
- ! More than 70,000 people in the Air Force use tobacco products
- ! A Defense Department study identified tobacco use as a possible contributor in Operation Iraqi Freedom pneumonia deaths
- ! The first 72 hours tobacco-free are the hardest; most people need seven attempts to be successful
- ! Each base has a Health and Wellness Center that can help Air Force members kick the tobacco habit

SOURCE: AMC Command Surgeon Office

InfoGraphic by Staff Sgt. Nathan Gallahan